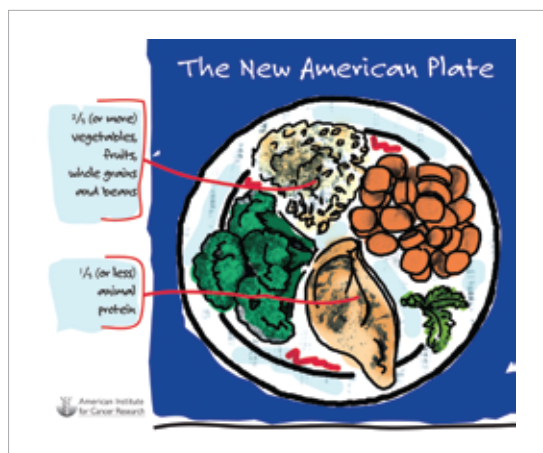


## AICR “plates” new dietary guidelines

WHILE THE US Department of Agriculture (USDA) touts its newly updated version of the evidence-based Dietary Guidelines for Americans ([www.dietaryguidelines.com](http://www.dietaryguidelines.com)), you might be able to help others put these principles into practice more effectively and lower their cancer risk by teaching them to implement the advice of the American Institute for Cancer Research (AICR). AICR is urging people to think about how the famous USDA food pyramid should actually translate to the plate in order to fight cancer and other diseases.

“When Americans think about what they eat, they think in terms of meals,” explained Alice Bender, AICR registered dietitian, in a statement promoting the AICR’s healthful-meal program, The New American Plate ([www.aicr.org/site/PageServer](http://www.aicr.org/site/PageServer)). “That’s why we should be talking about plates, not pyramids.”

Obesity is a cause of several cancers, and the typical American diet—high in meat and low in plant foods—increases cancer risk as well. According to AICR, more than 340,000 cancer cases each year could be prevented if Americans ate healthfully, were more active, and maintained a proper weight. Bender noted that although AICR is thrilled that the new USDA guidelines focus on a plant-based diet, her organization is concerned that after three decades of effort, too many Americans are still not following these recommendations. “Clearly,



something needs to change,” she observed. “The stakes are too high to go on like this.”

The New American Plate approach itself was developed more than a decade ago to reduce cancer risk. Rather than requiring people to count calories, this initiative encourages people to use food-oriented visual cues to strike the proper nutritional balance during mealtimes. For example, one New American Plate tip instructs the person to check whether the plate’s components are mostly beige and brown—an indication that it consists mostly of meat and potatoes. Color—in the form of healthful vegetables—should be added.

According to AICR, a well-structured plate should include a meat portion no bigger than the palm of one’s hand (approximately 2 to 3 ounces), which should take up about one-third of the dish. The remaining two-thirds should hold colorful, low-calorie vegetables along with moderate-sized portions of whole grains and beans.

The American Institute for Cancer Research recommends a “plate” of many colors for healthier meals.

AICR provides several online brochures and other materials to help people achieve New American Plate dietary patterns. Available are healthful recipes, information on food proportion and portion sizes, an explanation of the science behind this eating plan, and ordering information for health aids such as New American Plate posters, placemats, and magnets that illustrate how a cancer-fighting plate of food should be composed.

Although the New American Plate information includes strategies for general weight loss, AICR also offers dietary tips specifically geared toward cancer prevention:

1. Eat mostly plant-based foods, which are low in energy density
2. Be physically active
3. Maintain a healthy weight by following steps 1 and 2 and by reducing portion size.

AICR’s nutrition resources extend to persons who currently have cancer as well as those who have survived the disease. The group’s two-part *Food for the Fight* DVD features experts who answer questions on managing dietary challenges throughout treatment and taking the proper dietary steps to prevent recurrence. The three brochures in the AICR Cancer Survivor Series—which are available online for free, or can be ordered in bulk—are *Nutrition of the Cancer Patient*, *Nutrition of the Cancer Survivor*, and *Cancer Information: Where to Find Help*.

Some brochures are also available in Spanish. ■

## FDA approves 3-D, wireless imaging modes

IN TWO separate decisions, the FDA has approved both the first three-dimensional (3-D) imaging system for mammography and the first diagnostic radiology application for mobile devices.

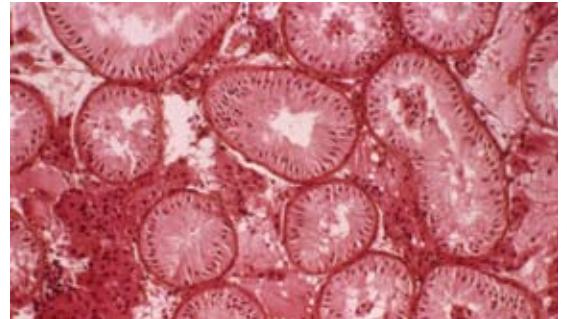
- The Selenia Dimensions System is the first x-ray mammography device to construct 3-D images of the breast for the screening and diagnosis of breast cancer. Although it can provide 2-D images as well, conventional 2-D imaging require approximately 10% of women to undergo additional testing after initial screening for abnormalities that are later determined to be noncancerous. The 3-D mammography system may boost accuracy in the detection and diagnosis of breast cancer.
- Clinicians will now be able to view computed tomography (CT), magnetic resonance imaging (MRI), and nuclear medicine images wirelessly through a new mobile radiology application for iPhones and iPads that uses MIM Software. This is the first application that the agency has cleared for viewing such images and making diagnoses based on those imaging techniques. The application is indicated for use only when there is no access to a workstation ([www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/](http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/)). ■

## Sperm retrieval offers fertility hope

ADULT MEN who were thought to be rendered sterile due to chemotherapy for childhood cancer may be able to reproduce with the help of a surgical technique that has recently been shown to locate and extract viable sperm in more than one-third of such former cancer patients.

Microdissection testicular sperm extraction (TESE) helps identify small, sperm-producing areas of the testicles and can then be used to extract these healthy sperm cells, even from testicles severely damaged by chemotherapy. In the current study, Peter N. Schlegel, MD, urologist-in-chief at NewYork-Presbyterian Hospital/Weill Cornell Medical Center (New York, New York), and colleagues performed 84 microdissection TESE procedures in 73 patients who were azoospermic after undergoing chemotherapy an average of 18.6 years earlier.

The clinicians were able to retrieve spermatozoa in 37% of patients and in 42.9% of overall procedures. Men who had had



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**Microdissection TESE helps identify small, sperm-producing areas of the testicles.**

testicular cancer yielded the highest sperm-retrieval rates; those previously treated for sarcoma had the lowest.

Using in vitro fertilization by means of intracytoplasmic sperm injection (ICSI), Schlegel's team achieved a 50% clinical pregnancy rate and a 42% live birth (20 children born in 15 deliveries) rate using the retrieved sperm.

“Although prechemotherapy sperm cryopreservation is recommended, treatment with microdissection TESE and ICSI are effective treatment options for many azoospermic men after chemotherapy,” wrote the authors in *Journal of Clinical Oncology*. ■

### Patient Advisor: New health Web site for consumers

A new educational, online resource for drug, health, and nutrition information can help your patients and their caregivers make better-informed decisions about their health care and lifestyle choices.

Patient Advisor ([www.MPRPatientAdvisor.com](http://www.MPRPatientAdvisor.com)) is a collaboration of *Monthly Prescribing Reference (MPR)*, published by Haymarket Media) and AnswersMedia, LLC. The website integrates MPR's authoritative drug database for health care practitioners with in-depth educational videos and articles covering disease states, issues of daily living, nutrition matters, and health care regulations.

Users also have access to tools including but not limited to calculators that compute cigarette costs, BMI, calorie-burning, and 10-year risks for heart attack and stroke; a medical dictionary; weight and exercise trackers; and clinical charts that provide comparative information on, for example, various smoking-cessation therapies. ■